# Session 2018-19 Life Skills

## Report on Yoga and mindfulness workshop

Date: 14<sup>th</sup> August, 2018

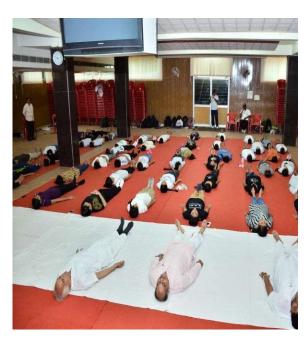
**Time**: 10:00 am

Venue: Seminar Hall

Resource Person: Yogi Kuldeep Singh (GK Academy, Gidderbaha)

**Event coordinator**: Er. Amandeep Singh DSW, BFCET

**Number of Students Participated: 180** 



Yoga and mindfulness workshop Held on 14th August, 2018

#### Report on the Workshop on Drug Dependency Awareness and Prevention

Date: 12<sup>th</sup> September, 2018

**<u>Time</u>**: 11:30 am

**Venue: Seminar** Hall

Resource Person: Mr. Kulwinder Singh, Vice Principal, BFCE

**Event coordinator**: Er. Amandeep Singh DSW, BFCET

**Number of Students Participated:** 50



Workshop on Drug Dependency Awareness and Prevention held on 12th September, 2018

#### **Report on Stress Management Workshop**

Date: 21st September, 2018

**Time**: 11:30 am

**Venue:** Innovation Centre

Resource Person: Dr. Jay Ashish Sethi, Assistant Director Academics, BFGI

**Event Coordinator**: Er. Amandeep Singh DSW, BFCET

**Number of Students Participated: 39** 



Stress Management Workshop held on 21st September, 2018

## Report on Health and Hygiene Workshop

Date: 28<sup>th</sup> September, 2018

**Time**: 11:30 am

Venue: Mini Seminar Hall

**Resource Person:** Mrs. Saklhi, Nutrition Advisor

**Event coordinator**: Mr. Parkash Singh DPE, BFCET

**Number of Students Participated: 130** 



Health and Hygiene Workshop held on 28th September, 2018

## **Report on Self-Awareness Workshop**

Date: 3<sup>rd</sup> October, 2018

**<u>Time</u>**: 12:00 am

**Venue:** seminar Hall

Resource Person: Shri B.D. Sharma, Deputy Director Career Guidance & Counselling

**Event coordinator**: Er.Ashu Bansal, Assitant Professor, BFCET

**Number of Students Participated: 146** 



Self-Awareness Workshop held on 3<sup>rd</sup> October, 2018

## Report on Essential Skills Workshop

Date: 12th October, 2018

**Time**: 2:00 pm

**Venue:** Seminar Hall

Resource Person: Dr. Manish Bansal. Professor, MIMIT, Malout

**Event coordinator**: Er. Amandeep Singh DSW, BFCET

**Number of Students Participated: 98** 



Essential Skills Workshop held on 12th October, 2018

# Report on Workshop on wellness and physical fitness

Date: 26<sup>th</sup> October, 2018

**<u>Time</u>**: 10:00 am

Venue: Seminar Hall

Resource Person: Dr. MS Gahlot, Managing Director IVY Hospital

**Event coordinator**: Mr.Parkash Singh DPE,BFCET

**Number of Students Participated: 128** 



Workshop on wellness and physical fitness held on 26th October, 2018

## Report on First Aid Awareness Workshop

Date: 18<sup>th</sup> October, 2018

**<u>Time</u>**: 10:30 am

**Venue:** Workshop Hall

**Resource Person:** Mr. Naresh Pathania, Training officer, Red Cross Society

**Event Coordinator:** Mr. Parkash Singh, DPE, BFCET

**Number of Students Participated: 98** 



First Aid Awareness Workshop held on 18th October, 2018